



— State of —  
**North Dakota**  
*Office of the Governor*

**John Hoeven**  
*Governor*

PROCLAMATION  
**BIRTH DEFECTS PREVENTION MONTH**  
JANUARY 2010

**WHEREAS**, birth defects can occur in any family, regardless of the parents' race, health history, economic status or education; and

**WHEREAS**, birth defects affect one in every 33 babies in the United States and are a leading cause of death; in North Dakota, about one in every five infant deaths are the result of birth defects; and

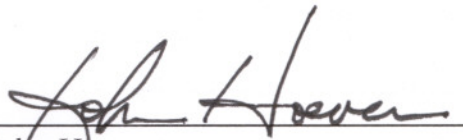
**WHEREAS**, early identification of a child with a birth defect and early intervention services typically improve the child's quality of life, and may even save his or her life; and

**WHEREAS**, the chance for all types of birth defects, and especially for multiple birth defects, increases when a mother has type 1 or type 2 diabetes; and

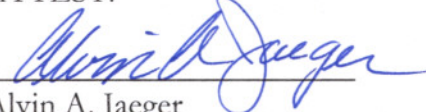
**WHEREAS**, women who have gestational diabetes are at greater risk for complications, including high blood pressure and preeclampsia during pregnancy, as well as labor and delivery complications; and

**WHEREAS**, women are encouraged to take a multivitamin with folic acid during pregnancy to prevent serious defects of the brain and spinal cord, and to reach a healthy weight during pregnancy to help ensure healthy mothers and babies.

**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim January 2010, **BIRTH DEFECTS PREVENTION MONTH** in the state of North Dakota.

  
John Hoeven  
Governor

ATTEST:

  
Alvin A. Jaeger  
Secretary of State